

Beef or Pork Burrito

Meal Components: Vegetable, Red / Orange, Grains, Meat / Meat Alternate

Main Dishes, D-12

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|--|-------------|--------------------------------|--------------|----------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Raw ground beef (no more than 15% fat) | 5 lb 2 oz | | 10 lb 4 oz | | 1. Brown ground beef or pork. Drain. Continue immediately. |
| OR | OR | | OR | | |
| Raw ground pork (no more than 15% fat) | 5 lb 2 oz | | 10 lb 4 oz | | |
| *Fresh onions, chopped | 5 oz | 3/4 cup 2 Tbsp | 10 oz | 1 3/4 cups | 2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes. |
| OR | OR | OR | OR | OR | |
| Dehydrated onions | 1 oz | 1/2 cup | 2 oz | 1 cup | |
| Granulated garlic | | 1 Tbsp | | 2 Tbsp | |
| Ground black or white pepper | | 2 tsp | | 1 Tbsp 1 tsp | |
| Canned low-sodium tomato paste | 1 lb 12 oz | 3 cups 2 Tbsp (1/4 No. 10 can) | 3 lb 8 oz | 1 qt 2 1/4 cups (1/2 No. 10 can) | |

| | | | | | |
|---|-----------|-------------|------|----------------|--|
| Chili powder | | 3 Tbsp | | 1/4 cup 2 Tbsp | |
| Ground cumin | | 2 Tbsp | | 1/4 cup | |
| Paprika | | 1 Tbsp | | 2 Tbsp | |
| Onion powder | | 1 Tbsp | | 2 Tbsp | |
| Reduced fat cheddar cheese, shredded | 2 lb 8 oz | 2 qt 2 cups | 5 lb | 1 gal 1 qt | 3. Combine shredded cheese with meat mixture. |
| Whole grain-rich flour tortillas (1 oz) | | 50 each | | 100 each | 4. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding. 5. Portion meat mixture with heaping No. 12 scoop (1/2 cup plus 1 Tbsp) onto each tortilla. Fold around meat envelope style. 6. Place folded burritos seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans. 7. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 |

Reduced fat Cheddar cheese,
shredded (optional)

13 oz

3 1/4 cups

1 lb 10 oz

1 qt 2 1/2 cups

8. CCP: Hold for hot service at 135° F or higher.
Sprinkle shredded cheese (optional) evenly over
burritos before serving.

| Notes |
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| Comments: *See Marketing Guide. †Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning Mix. |

| Marketing Guide | | |
|-----------------------|-------------|-------------|
| Food as Purchased for | 50 Servings | 50 Servings |
| Mature onions | 6 oz | 12 oz |

| Serving | Yield | Volume |
|---|---|---|
| 1 buritto provides 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains. | 50 Servings: about 10 lb 5 oz (filling) 50 burritos 100 Servings: about 20 lb 10 oz (filling) 100 burritos | 50 Servings: about 1 gallon 1 quart (filling) 2 sheet pans 100 Servings: about 2 gallons 2 quarts (filling) 3 sheet pans |

| Nutrients Per Serving | | | | | |
|-----------------------|---------|---------------|--------|---------------|---------|
| Calories | 273 | Saturated Fat | 5.76 g | Iron | 2.62 mg |
| Protein | 18.82 g | Cholesterol | 43 mg | Calcium | 264 mg |
| Carbohydrate | 21.34 g | Vitamin A | 800 IU | Sodium | 351 mg |
| Total Fat | 12.46 g | Vitamin C | 9.7 mg | Dietary Fiber | 2 g |